

**1. Reflecting the meekness and humility of Christ**

- a) Matthew 11:29 – Meek. Biblical meekness is not weakness but rather refers to exercising God’s strength under His control (Strong’s Concordance)
  - i) Where do you see meekness manifested in the life and ministry of Jesus? Mark 14:65, etc.
  - ii) Share some passages of Scripture where we are encouraged to reflect the meekness of Christ. Matthew 5:5, 43-48, 1 Peter 3:15, etc.
- b) Matthew 11:29 – Lowly in heart. Humble.
  - i) Where do you see humility manifested in the life and ministry of Jesus? John 8:28-29, etc.
  - ii) Share some passages of Scripture where we are encouraged to reflect the humility of Christ. Philippians 2:1-11, 1 Peter 5:5-6, etc.

**2. Moses—an example of meekness and humility**

- a) Exodus 32:1-14 Where do you see meekness and humility revealed in this story?
- b) Did Moses change the LORD’s mind or was the LORD simply giving Moses an opportunity to reflect God’s grace and immeasurable, unfailing love?
- c) How can we help people to see a clearer revelation of the character of God even in times of trial?

**3. David—an example of meekness and humility**

- a) What were some of the times of suffering and trial David experienced in his life?
- b) Psalm 62:1-8 How does this inspired song of David reflect a spirit of meekness and humility?

**4. Ezekiel—an example of meekness and humility**

- a) Ezekiel was already a prisoner of war in Babylon. What additional trial did the LORD ask him to endure? Ezekiel 24:15-27
- b) How did Ezekiel manifest the meekness and humility of Christ in this time of suffering?

**5. Followers of Jesus—examples of meekness and humility**

- a) Identify some followers of Jesus who manifested the meekness of Christ in times of intense suffering. Stephen (Acts 7:59-60), Paul and Silas (Acts 16:25), others?
- b) Identify some followers of Jesus who manifested the humility of Christ in times of suffering? John the Baptist (John 3:30), Paul (Galatians 6:14), others?

**6. Other characteristics of Christ we might reflect in times of suffering in addition to meekness and humility**

- a) What expectations did Jesus have when He said, “Follow Me”?
- b) Share some additional characteristics of Jesus we might reflect in times of suffering and trial.

